



# Pearl River High School May 2019

## Lunch includes...

Entrée, Vegetable,  
and/or side Veggies,  
Variety of Fruit or 100%  
Fruit Juice, Milk  
(Antibiotic & Hormone  
Free).

## Daily Options...

### Made to order Deli:

Sandwiches and Paninis. With  
Lettuce, Tomatoes, Onion, and  
pickles

### Special Sandwich of the day.

**Salads:** Made to Order.

**Grill:** Chicken Patties, Burgers &  
Spicy Patties.

**Pizza:** Cheese, Pepperoni &  
Special.

### Yogurt parfaits

Lunch \$2.75 Reduced .25

### Allergies/Dietary Needs

Email: [spina-eileen@aramark.com](mailto:spina-eileen@aramark.com)



**Waffle  
Wednesday**  
Grab N Go  
Freshly made on  
site Belgium  
Waffles

**Smoothie  
Tuesday**  
Grab N Go  
Freshly made on  
site Smoothies

**1**  
Nuggets & Tots  
Peas & Carrots  
Tomato  
Cucumber Salad

**2**  
BBQ Pulled Pork  
Sandwich  
Baked Beans, Cole  
Slaw

**3**  
Chicken, Bacon  
Ranch Flatbread  
Roasted Broccoli

**6**  
Potato Pierogis  
With Grilled  
Onions, Sour  
Cream, Green  
Beans  
Applesauce

**7**  
Cheese Ravioli  
Marinara Sauce,  
Green Beans

**8**  
**Nachos**  
Seasoned Beef,  
Tortilla Chips,  
Cheese & Salsa  
Diced Carrots

**9**  
Bacon Burger &  
Tots  
Baby Carrots  
Applesauce  
GF Nuggets

**10**  
French Toast  
Sticks  
Hash Brown  
Patty  
Applesauce

**13**  
Meatball Parm  
on a Hoagie  
Broccoli  
Applesauce  
GF- Pizza

**14**  
Steakhouse  
Burger  
Steak Fries  
Peas & Carrots

**15**  
Roasted Chicken  
Diced Potatoes  
Sweet Corn  
Apple

**16**  
Baked Ziti  
with Marinara  
Sauce  
Dinner Roll,  
Green Beans  
GF- Pasta with  
Sauce

**17**  
Grilled Cheese and  
Tater Tots  
Diced Carrots  
Apples  
GF- Nuggets

**20**  
Chicken Tenders  
Mashed Potatoes  
Corn  
Baby Carrots  
GF- Pizza

**21**  
**Atomic Burger**  
Burger with Pepper  
Jack Cheese &  
Atomic Sauce

**22**  
Buffalo Chicken  
Flatbread  
Roasted Broccoli  
GF- Grilled  
Chicken Lettuce &  
Tomatoe

**23**  
Homemade  
Mac N Cheese  
Dinner Roll  
Peaches  
GF- Pasta with  
Sauce

**24**  
Memorial Weekend  
5/24- 5/28

**29**  
Chicken Bacon  
Ranch Flatbread  
Curley Fries  
Cole Slaw  
GF- Pizza

**30**  
Roasted BBQ  
Chicken  
Baked BBQ Beans  
GF – Chicken  
Nuggets

**31**  
Philly Cheesesteak  
on a Hoagie with  
Cheese, Grilled  
Onions  
GF- Quinoa,  
Chicken & Broccoli



Daily Gluten Free  
Options  
Chicken Patty,  
Hamburger or  
Garden Salad with  
Yogurt  
**MUST BE ORDERED  
by 8:30AM**